

Chicken with Fennel, Tomatoes, and Zucchini

Yield: 6 servings
mins.

prep 5 mins cook 45

6 4oz boneless skinless chicken breasts
2 ½ tbsps Italian-seasoned bread crumbs
5 tsps olive oil, divided
1 med. Fennel bulb, thinly sliced
1 med. Zucchini, finely chopped
2 large leeks, thinly sliced
½ cup chicken broth
2 tbsps tomato paste
¼ tsp salt
¼ tsp fennel seeds
¼ tsp tarragon
¼ tsp black pepper

1 14.5oz can diced tomatoes (with garlic & onion),
undrained
2 tbsps chopped fennel fronds

1. Lightly coat the chicken with bread crumbs. Heat 3 tsps oil in large skillet over med-high heat. Add the chicken; saute 3 mins each side or until golden brown. Remove from pan.
2. Heat 2 tsps oil in pan over med heat. Add fennel bulb, zucchini, and leek; cook 5 mins, stirring occasionally. Add broth and next 6 ingredients (through tomatoes). Cover, reduce heat, and simmer 15 minutes or until the vegetables are tender, stirring occasionally.

3. Return the chicken to pan; cover and cook 12 mins or until chicken is done. Sprinkle with fennel fronds.

